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# ♦ The Volunteer ♦

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Saratoga County Retired and Senior Volunteer Program January/February/March

## SAVE THE DATE.....

### ***Saratoga County Annual Senior Luncheon***

***Friday, May 19, 2017***

***Saratoga Spring City Center***

***522 Broadway, Saratoga Springs***

***Doors open at 11:00 a.m.***

This year's theme is Mardi Gras, so bring your beads and be prepared to party!  
All are invited, and tickets will be available in April at some Meal Sites  
and Senior Centers throughout Saratoga County, or by calling the  
Office for the Aging at 884-4100.

### **Happy Birthday, and We Wish You a Wonderful Year Ahead! Special 95th Birthday Wishes go out to Frances Ariel!**

#### **January**

Eugene Auciello, Jeanne Auciello, Faith Baker, Adrienne Beebe, Donna Bowers, Jerry Faber, Luz French, Linda Gaulin, Sandra Hann, Gary Lewandowski, Helen McGrane, Sam McKenzie, Jane Meader Nye, Stephen Ramseyer, Alice Rogner, Michael Schwartz, Sally Snyder, Pat Stata, Catherine Szenczy, and Joan Warshaw!

#### **February**

Diane Anuszewski, Frances Ariel, Barb Broderson, Warella Browall, Jean Butler, Roberta Durphey, Gladys Faulkner, Donna Gates, Robert Gates, Joe Geiger, Evelyn Marshall, Ted Monsour, Peg Moody, Karen O'Brien, Faith Palma, Ray Prevost, Phyllis Rodak, Elizabeth Schneider, Carol Stockman, Rudy Tomasik, Mary Touart, Terry Tumbull, Marion Walter, and Barbara Winchip!

#### **March**

Carole-Ann Annis, Alison Bodle, Jean Brew, Bette Brown, Kathleen Chance, Marian Crandall, Fiona Emmette, Sue Gaddor, Linda Maitan, Kathy Marchevio, James Merrithew, Eleanor Moody, Dawn O'Neil, Marvil Patrick, Virginia Romanzo, John Slattery, and Jean Tanis!

*Thank you to all of our volunteers and stations!!!!  
Your contribution to meet the needs in our community is  
invaluable!*



*RSVP receives its funding from the Saratoga Co. Office for the Aging, The Corporation for National and Community Service and the New York State Office for the Aging.*



# Information

## Dear Volunteers and Stations,

*It's been a busy last couple of months, and real progress is being made in many different areas! The Martin Luther King Jr. Food Drive was a big success, with over 260 pounds of food being donated to the Saratoga County EOC Food Pantry!*

*I have several projects in the works and am so excited to share them with you all! I am working with the Shenendehowa School District to help get more volunteers into their classrooms.*

*The OsteoBusters exercise program will be receiving a much needed mini-facelift, and I will keep you all posted in the months to come.*

*I can't believe it's almost Spring already! I feel so blessed to have met and worked with so many great people already, and I'm looking forward to meeting the rest of you in person.*

*Thank you all so much for your hard work and dedication, and for helping those in need in our community.*

— Jen

## If you can stand the heat...

**then become a Kitchen Helper for RSVP! Billie Jo is in need of a Helper for the Clifton Park site. If you love working with seniors and enjoy serving food, then this unique opportunity is for you! Training is provided, and volunteers can assist any day(s) they choose, Monday through Friday, between 9:30 a.m. and 1:30 p.m. Please contact me if you're interested in lending a helping hand!**



## Living Healthy=Feeling Great!

The Chronic Disease Self-Management Program, also known as Living Healthy, is an amazing evidence-based workshop created by Stanford University that enables those living with chronic conditions to regain control of their lives. Many essential, valuable skills and techniques are taught in this program to educate and empower those living with chronic diseases, as well as their caregivers.

This free, life-changing 6-week workshop series will meet on Mondays from 1:00 to 3:30 at the Milton Community Center in Ballston Spa beginning April 10<sup>th</sup>.

A free book is provided and light refreshments will be served.

Classes fill up quickly, so if you or someone you know is interested, please call me soon to register!

Live. Life. Healthy



## RSVP and FRIENDS OF SHEN

### RSVP and Friends of Shen

are seeking volunteers to assist with the **Skano Elementary Reading Program**

for the following grades and times:

First Grade: 10:00 a.m.-10:30 a.m.

Second Grade: 8:45 a.m.-9:45 a.m.

11:00 a.m.-11:30 a.m.—Thursdays

Third Grade: 8:20 a.m.-8:45 a.m.

Fourth Grade: 1:00 p.m.-1:30 p.m.—Mondays

Fifth Grade: 9:10 a.m.-10:10 a.m.

9:20 a.m.-9:45 a.m.

11:15 a.m.-11:45 a.m.

11:30 a.m.-12:15 p.m.

If you are interested in volunteering, please give me a call.

Jennifer Buscema, RSVP Project Director, Email: [JBuscema@saratogacountyny.gov](mailto:JBuscema@saratogacountyny.gov)  
Please call me at 884-4110 for details about any of the above volunteer opportunities!



CORPORATION  
FOR NATIONAL  
AND  
COMMUNITY  
SERVICE



## Are You a Caregiver?

### Do You Need Respite?

Would you benefit from having someone come to your home for a few hours a week to care for your loved one? Would this provide you with the opportunity to run errands, go shopping, have lunch with friends, and take some time for yourself so you can take care of yourself? If you or someone you know would benefit from this type of assistance, please call me.

## Calling All Crafters!!!

*Twiddle Muffs and Osteo Cuffs*

**Looking for knitters, crocheters, and seamstresses for two large projects!**

Twiddle Muffs are knitted or crocheted, with the addition of baubles and notions, and help to relax people with dementia and/or Alzheimer's by occupying their hands.

We also need people who can sew to help create a pattern and make ankle-weight cuffs for OsteoBusters classes.

If anybody has any extra yarn, fabric, notions, and/or baubles you would like to donate, or if you're interested in helping with either project, give me a call!

# URGENT

## Home Delivered Meals Drivers Wanted!

Routes are open in the Wilton, Saratoga, and Ballston Spa areas and substitute drivers are needed throughout Saratoga County. Bring a smile to a homebound neighbor's face by delivering a hot, nutritious, meal to them! This could take as little as an hour and be done once a month, bi-weekly or weekly. Call today to deliver food and receive smiles!

## OSTEOBUSTERS

### Leaders Needed !!!

OsteoBusters is an exercise program that combines weight-bearing, muscle strengthening, postural training and balance exercises used to promote strong bones. Weight-bearing exercises put gentle stress on your bones and in response, the body grows new bone tissue. Isn't THAT good news?!! The RSVP OsteoBusters Program is based on these elements and is a great way to maintain or improve your bone health! Call now to lift weights, lose weight, strengthen bones, and have fun!!! The Mechanicville Senior Center is going to be the next Osteo site. If you are interested in becoming a leader at this location, please let me know!



**Call Jen for details about any of the above  
volunteer opportunities at 884-4110!**



RSVP UNIT  
Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, NY 12020

RETURN SERVICE REQUESTED

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U.S. Postage  
P A I D  
Ballston Spa, NY 12020  
Permit No, 5

**VOLUNTEER OPPORTUNITIES**  
continued

<b>VOLUNTEER TITLE</b>	<b>DUTIES</b>	<b>AREA</b>	<b>DAYS</b>	<b>HOURS</b>
Transportation Assistant	Drive seniors to medical appointments	Saratoga and surrounding areas	Varies	Varies
Home Delivered Meal Drivers	Deliver prepared meals	Surrounding areas	Varies	Approximately 10:30 to 1:00
Congregate Assistant	Meal preparation	Surrounding areas	Varies	10:30 to 1:00
Mailing Assistants	Assist with mass mailings	Ballston Spa	Varies	2 hours
Osteo Leader	Lead exercise program	Saratoga	Varies	1 hour